

Abstract

Title

Cervicogenic headache

Objectives

The aim of this master thesis is to present a comprehensive overview of the topic of cervicogenic headache. It focuses on the prevalence of this disease in the general population and on the cervical spine segment where the dysfunction in patients with cervical headache occurs the most frequently. It also focuses on the link between suboccipital muscles, cervical dura mater spinalis and headache on the effectiveness of different therapies for this diagnosis.

Method

The thesis is conceived as a scientific literature research. In order to obtain sources professional database such as Pubmed, PEDro, Medline, HighWire, Science direct were used.

The thesis is divided into a theoretical and an analytical part.

There have been 4 questions and 4 hypotheses set for the purposes of work the thesis.

Results

Based on the analysis of available studies, the thesis confirmed that the incidence of cervicogenic headache in the general population is not negligible. It has also been proved that the diagnosis is quite frequent in patients suffering from headache, which may represent up to 35 % of patients. The results of available studies indicate that the dysfunction of the cervical spine causes 15–20 % of cervicogenic headaches. In most of the cases, it is the influence of the C1–C2, which is more than in 60 % of the cases. On the other hand, the influence of the AO joint is not very frequent. It only occurs in approximately 7 % of the cases. The coexistence of anatomical connections between suboccipital muscles and cervical dura mater spinalis was proved in all of the studies, as well as the effect of this joint on the headache. Due to the fact that the dysfunction of the segment of the cervical spine (C1–C2) is a common cause of headache, we can expect the manual therapy to be efficient for the diagnosis. It has also been shown by available studies. Compared with other types of therapy, manual therapy had a high percentage of success.

Keywords

Cervicogenic headache, cervical spine, prevalence, cervical spine blockade, suboccipital muscles, dura mater spinalis